

SENIOR ADULT ADVISORY COUNCIL
100 Dexter Avenue North
Seattle, Washington 98109-5199
CHANGE SERVICE REQUESTED

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PAID
SEATTLE, WA.
PERMIT NO. 900

Senior Adult Programs

Winter 2005



January 3 – March 18

Senior Adult Programs (206) 684-4951

Main Office: 8061 Densmore Ave. N., Seattle, 98103

Office Hours: 8:00am-3:00pm

SEATTLE DEPARTMENT OF PARKS & RECREATION REFERENCE GUIDE

North

Ballard CC.....684-4093
.....6020 - 28th NW, 98107
Ballard Pool684-4094
.....1471 NW 67th, 98117
Bitter Lake CC684-7524
.....13035 Linden Ave N, 98133
Evans Pool684-4961
.....7201 E Green Lake Dr N, 98115
Green Lake CC684-0780
.....7201 E Green Lake Dr N, 98115
Laurelhurst CC684-7529
.....4554 NE 41st St, 98105
Loyal Heights CC684-4052
.....2101 NW 77th St, 98117
Madison Pool684-4979
.....13401 Meridian Ave N, 98133
Meadowbrook CC684-7522
.....10517 - 35th Ave NE, 98125
Meadowbrook Pool684-4989
.....10515 - 35th Ave NE, 98125
Ravenna-Eckstein CC684-7534
.....6535 Ravenna Ave NE, 98115

Central

Garfield CC.....684-4788
.....2323 East Cherry, 98122
Langston Hughes PAC684-4757
.....104 - 17th Ave S, 98144
Magnolia CC386-4235
.....2550 - 34th Ave W, 98199
Medgar Evers Pool684-4766
.....500 - 23rd Ave E, 98122
Miller CC684-4753
.....330 - 19th Ave E, 98112
Montlake CC684-4736
.....1618 E Calhoun, 98112
Queen Anne CC386-4240
.....1901 First Ave W, 98119
Queen Anne Pool386-4282
.....1920 First Ave W, 98119
Yesler CC386-1245
.....835 Yesler Wy, 98104

South

Alki CC.....684-7430
.....5817 SW Stevens, 98116
Coleman Pool684-7494
.....8603 Fauntleroy Way SW, 98136
Delridge CC684-7423
.....4501 Delridge Way SW, 98106
Hiawatha CC684-7441
.....2700 California Ave SW, 98126
High Point CC684-7422
.....6920 - 34th Ave SW, 98126
Hutchinson CC386-1923
.....5801 S Pilgrim, 98118
Jefferson CC684-7481
.....3801 Beacon Ave S, 98108
Rainier CC386-1919
.....4600 - 38th Ave S, 98118
Rainier Beach CC386-1925
.....8825 Rainier Ave S, 98118
Rainier Beach Pool386-1944
.....8825 Rainier Ave S, 98118
South Park CC684-7451
.....8319 - 8th Ave S, 98106
Southwest CC.....684-7438
.....2801 SW Thistle St, 98126
Southwest Pool.....684-7440
.....2801 SW Thistle St, 98126
Van Asselt CC386-1921
.....2820 S Myrtle St, 98126

More

Woodland Park Lawn Bowling782-1515
.....6018 Whitman North
Seattle Tennis Center684-4764
.....2000 MLK Jr Way S, 98144
Woodland Park Zoo684-4040
.....5500 Phinney N, 98103
Aquarium.....386-4345
.....1483 Alaskan Way, 98101

As the Senior Adult Programs are in their 31st year of operation, we invite you to enjoy recreational activities offered citywide. If you would like to help other like-minded citizens and the professional staff of the Senior Adult Programs, you are invited to join the advisory council. The council meets the 4th Monday of each month. For information on the advisory council, please call the Senior Adult Office at 206-684-4951. We would like to thank the following members for their support: *Mary Denney, Bernice Green, Connie Horner, Wayne Metsker, Wally Meyers,*

REFUND POLICY



It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council that any person who registers for a class, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund. Any person who registers for a class, trip, special event, or facility rental, and who requests a refund within 14 days of its start (or before the second session of a class) may receive a refund minus a service charge. Any person who registers for a class, trip, special event, or facility rental and who withdraws from the activity fewer than 14 days before its start (or before the second session of class) will receive no refund.

INCLEMENT WEATHER POLICY



If the Seattle Public Schools are closed, ALL senior programs are cancelled. For further information due to inclement weather, call the Senior Adult Programs office at 684-4951 prior to venturing out.

EXERCISE REIMBURSEMENT NOTICE

Some health insurance companies will reduce premiums with proof of enrollment in an exercise class – just be sure to ask for a receipt!!!



FINANCIAL ASSISTANCE

Scholarships are available on a limited basis. Applications may be obtained by calling 684-4951. *Applications must be turned in prior to the first day of the quarter.*

FEES AND CHARGES

The programs and activities listed in this brochure are provided by the Senior Adult Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to partially offset the cost of these programs. The program fees listed here include a 10% fee which is paid to the Department of Parks and Recreation. The Department uses these funds to defray the overall operation expenses. Class/program fees listed in this brochure include sales tax where applicable in accordance with current provisions of the State tax code enacted by the State Legislature.

PLEASE NOTE: Class / Trip times/destinations are subject to change.

As a matter of policy, law and commitment, the Seattle Parks & Recreation Department does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. (Seattle Municipal Code 18.12.280.)

Persons With Disabilities: Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call 684-4951 or (TDD only, 684-4950). **If possible, please allow ten working days advance notice for sign language interpretation or auxiliary aids.** If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

PROFESSIONAL STAFF

Ken Bounds - Superintendent
Herbye White - Director
David Jensen – Recreation Manager
Linda Guzzo - Administrative Specialist I

RECREATION STAFF

Anna Allen - Recreation Specialist
Cheryl Brown - Recreation Specialist
Mary Dalzell – Recreation Specialist
Jason Lichtenberger, Sound Steps Specialist
Jayla McGill - Recreation Specialist
Tim Pretare – Recreation Specialist
Stacie Sheridan - Recreation Specialist
Angela P. Smith - Recreation Specialist

Citywide Special Events & Programs

NEW!! PERFORMING ARTS GROUP

**Langston Hughes Performing Arts Center
104 -17th Avenue South**

**Thursdays, January 3 - March 18
1:00 p.m.**

For information call: 206-684-4240

Adults interested in any aspect of theatrical production and performance should attend this meeting! No experience necessary!! This is your opportunity to live your dream of being a part of a theater group. If you have any interest in any of the following areas you won't want to miss out on the chance of a lifetime!

- *Acting*
- *Directing*
- *Script Writing*
- *Storyboard Drawing*
- *Musical Performance*
- *Staging*
- *Production*
- *Comedy*



CHESS TOURNAMENT

Sat, February 19 9:00-4:00pm

Free

A wonderful game of strategy – checkmate!

The Winter Intergenerational Chess Tournament

will be held at

Loyal Heights Community Center
(located at 2101 N.W. 77th).

Bring a lunch, beverage, chessboard and pieces. Call Loyal Heights, 684-4052, for further details.



“Seniors Training Seniors In Computer Basics “

Learn computer basics and more in small classes totaling 8 hours of training. Average cost for classes is \$15.00.

This program is sponsored by the Seattle Human Services Department and the Mayor's Office for Senior Citizens. Class topics include: Intro to Computer Basics & E-mail, File Management Work, Excel, and Photo Editing.



Call 206-684-0639 to **pre-register** at the Center closest to you: (Classes are available at these locations only.)

Mayors Office for Senior Citizens
Alaska Bldg. (2nd & Cherry)

Delridge Community Center
4501 Delridge Way S.W.

Greenwood Senior Center
525 N. 85th Street

Phinney Ridge Neighborhood Center
6532 Phinney Ave. North

Q-Café & Community Center
3223 15 Ave. W. & Dravus

Sand Point Technology Center
6940 – 62nd Ave. N.E.

Senior Services
2208 – 2nd Avenue

Southeast Senior Center
4655 South Holly

Wallingford Senior Center
4649 Sunnyside Ave. N. Suite 140

West Seattle Senior Center
4217 Southwest Oregon Street

**Please visit our new and improved web site for
Senior Adult Programs at:
www.seattle.gov/parks/seniors/index.htm**

Citywide Special Events & Programs

NORTHWEST CHAMBER ORCHESTRA



Join us this winter for another season at the Illsley Ball Nordstrom Hall at Benaroya Hall (located at 3rd & Union). Enjoy a variety of music.

No Transportation Provided.

A Seattle Parks & Recreation Department staff will meet you in front of the theater.

THE RUSSIAN SOUL

February 20

Meet there at 2:00 pm

Ralf Gothóni, conductor

Elgar - Serenade in e minor, Op. 20

Shostakovich - Symphony No. 14, Op. 135



Registration begins January 31st at 8:00 am by calling 684-4951. Cost for each performance is \$15.00.

Please make checks payable to: Senior Adult Programs, 8061 Densmore Ave. N., Seattle, WA 98103.

Checks should be received BY:
February 14th



FRAGRANCE FREE COURTESY

During Senior Adult Programs / Trips,
please refrain from the use of
any Men's or Women's
scented personal care products
as a courtesy to those
who experience chemical sensitivities.
Thank You.

LAWN BOWLING

Free

Keep active and bowl outdoors on wonderful manicured greens.

Good fellowship accompanies games.

Come and try it for fun! Be sure to wear flat-soled shoes. Bowls provided at the Club House. Sign-up, call in, or drop by.

For an introduction to this fun game contact one of the Seattle Lawn Bowling Clubs listed below:

Jefferson Park Lawn Bowl

(206) 762-2490

4103 Beacon Avenue South

(west of Jefferson Golf Club House)



Woodland Park Lawn Bowl

(206) 782-1515

6018 Whitman North

(near 58th & Aurora Avenue)

SOUND STEPS

WALKING PROGRAM

The Healthy Aging Partnership, and Seattle Parks and Recreation Department's Senior Adult Programs have initiated Sound Steps, a walking program aimed at encouraging older adults to take up walking for better fitness! If you are age 50 or older, then Sound Steps is for you! This FREE program offers a fun, safe way to get moving and begin or continue a walking program! BRING A FRIEND!! Register Now !!!

It's easy to register! Call the Senior Adult Programs Office for additional information and registration materials, 206-684-4951. We'll be glad to mail them out to you!

Goodie Bags for each walker! Each walker who registers for Sound Steps will receive a goody bag full of great stuff!! Supplies are limited so register early!!

Volunteer Walk Leaders Needed! If you' would like to help out and lead at least one walk per week at one of the above sites, please call 684-4951. Thanks!



SE - REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

Angela P. Smith -Recreation Specialist, CTRS

(206) 684-7484

e-mail: Angelap.smith@seattle.gov

Winter Quarter Dates: January 3 – March 18

No Classes: January 17 & February 21

Make ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

SE Class Registration: Class registrations begins Dec 20 at 8 am by phone, mail, or using the form in the back of the brochure. Class dates/times are subject to change. **Trips are phone-in registration only.**

All Class Payments: checks payable to: "Senior Adult Advisory Council", and mail to Sr. Programs, Attention: Angela, Jefferson CC, 3801 Beacon Ave. South, Seattle-98108:

South Division Sites:

Jefferson CC.....3801 Beacon Ave. S.
Rainier CC.....4600 – 38th Ave S.
Rainier Beach Complex 8825 Rainier Ave. S.
Van Asselt CC..... 2820 S. Myrtle St.

Aerobics & Fitness

SENIOR AEROBICS \$20.00

Time to re-energize, put a spring in your step, and feel better. Our classes are taught by certified instructors.

J. Inouye Mon 8:30-9:30 am Jefferson
J. Shearer Wed 8:45-9:45 am Jefferson

TAI CHI \$33.00

Use stretching exercises to work toward incorporating good posture/body awareness.

L. Robinson Wed 10:30-12:00 pm Jefferson

Arthritis Exercise (PACE) \$25.00

PACE = People With Arthritis Can Exercise, class includes range of motion, strengthening and much more.

A. Smith Thurs 10:00-11:00 am Jefferson

FITNESS FOR LIFE \$20.00

1-hour session includes dyna bands, stretching, use of weights, and more. Bring small weights.

Z. Hachiya Thurs 8:15-9:15 am Jefferson

Dancing



LINE DANCING

\$20.00

Get on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.

L. Reese Fri 8:30-9:30 am Jefferson

Sports & Games

OPEN BRIDGE

Free

It's in the cards that you'll have a great time. Drop in programs for the bridge enthusiast.

Wednesdays 10:00-12 noon Jefferson

Wednesdays 12:00-3:00 pm Rainier

BADMINTON

Free

All levels of play invited. Come join the fun!

Thursdays 1:00-3:00 pm Jefferson

PICKLEBALL

Free

A terrific game. Fun and exercise in one great package!

M / W / F 11:00-2:00 pm Van Asselt

T / Th 10:00-12 noon Rainier

T (Advanced) 10:00-1:00 pm Rainier

Th 10:00-1:00 pm Jefferson

Cooking

Guest chefs and community members share their favorite recipes. Come and join us for a tasteful meal. **Each class \$7.00. Early registration appreciated.**

VIETNAMESE TRADITIONS

Tien Duong-Le is a representative from International District Housing Alliance. She specializes in interpreting and traditional Vietnamese cuisines.

Jan 24 (Mon) 10:30-12:30 pm Jefferson

SOUL FOOD

Annie Edward, from Neighborhood House, shares with us her favorite soulful dishes as we celebrate Black History Month.

Feb 28 (Mon) 10:30-12:30 pm Jefferson

Spring in the SE – Check It Out !

* Are you interested in a P-Patch garden plot of your own in SE Seattle? Grow your own produce, flowers, and herbs. Group will start planning & planting this spring. Call 684-7484 for info and to register.

* Share your ideas and suggestions for a great Spring quarter. We need your input on all activities, trips, walks, workshops, crafts, and guest speakers.

Jan 7 (Fri) 9:45 am Jefferson

Workshop / Speakers

INCOME TAX

Free

Free tax help from qualified volunteers, E-filing also available. **Thursday only appointments beginning the first week of February.** Call 684-7484 to register.
Thursdays Jefferson

MEALS ON WHEELS

Free

Temporary or long-term, this service may be useful to you, a relative, or neighbor. Learn how to apply, etc.
Jan 20 (Thur) 1:00 pm Rainier Beach
Feb 17 (Thur) 11:00 am Jefferson

CPR CLASS

Free

"Medic II- CPR" is a program designed to teach Basic Life Support to citizens. A CPR card is issued at the end of the training session. Donations are expected for this service.
Jan 28 (Fri) 10 – 12 noon Jefferson

IMPROVE BLOOD PRESSURE & CHOLESTEROL LEVELS

Free

Tara, from Swedish Medical Center provides information on improving blood pressure levels and lowering their cholesterol through diet and exercise.
Mar 2 (Wed) 11:00 am Jefferson

Special Events

REGISTRATION REQUIRED FOR EACH SPECIAL EVENT: Call 684-7484

SWING TIME LINE DANCE

\$2.00

A Line Dance Event with a swing dance dress-up theme! Don your best swingin' threads and we'll boogie to the big band beat! Refreshments included.
Jan 14 (Fri) 10:30 – 12:30 pm Jefferson

SENIOR GATHERING

Free

Food, fun, and door prizes. Usually held the 4th Wednesday each month. Special time to meet others and receive health information. Dates and times are subject to change due to special events with community partners. Please inquire about location and pick-up sites. **Limited transportation** provided by reservation.
Jan 26.....10:30-12:30 pm
Feb 23.....10:30-12:30 pm
Mar 23.....10:30-12:30 pm

VALENTINES DAY POTLUCK

Free

Mary and the Southwest seniors are invited to celebrate Valentines Day with us. Bring a potluck dish and be ready for some pleasant surprises from Mary and Angela.
Feb 14 (Mon) 11:30 am Jefferson



HAT FASHION SHOW & LUNCHEON

\$5.00

Mrs. Tate's Fashions presents a fabulous hat fashion show for women and men. Pull out your best hat and show it off too! Enjoy an lunch and door prizes as we anticipate a wonderful show. **Reservations required.**
Mar 11 (Fri) 11:30 am Rainier Beach

RAINIER RUMMAGE SALE

\$10.00 per table

Get started on Spring cleaning! Sell those items that haven't been used and make a little money too.
Mar 26 (Sat) 10:00 am – 3:00 pm Rainier

Crafts

CROCHET

FREE

Beginning and intermediate crochet instruction. Bring your own projects. Instructor: Tami Hedberg
Tuesdays 11:00-1:00 pm Rainier

DROP-IN CRAFTS

Free

Time provided for you to join your friends in a social atmosphere working on projects of your choice.
Thursdays 12:00-3:00 pm Jefferson

LAP-QUILTING

Free

Quilting that can be taken anywhere to work on. Students help each other.
Fridays 10:00-1:00 pm Jefferson

BASKET MAKING

Fridays 1:00-3:00 pm Jefferson
All participants need to bring heavy scissors, old towel (for wet weaving), clothes pins, pencil and a bucket for soaking. Wear old clothes. Optional: spray bottle. Pre-register required. Instructor: Carol Williams

Cedar & Ash Trinket Basket

Jan. 7, 14, 21

Small basket made from cedar and dyed ash splint with waxed linen accents, 4"-5"wx 2.5"h,
Class Fee: \$10 Material Fee to Instructor: \$18

Windowpane Basket

Feb 11, 18, 25

Basket woven in a 3/3 twill pattern in natural and dyed flat reed. The base is a modified cat's head in a 2/2 twill. 9" tall x 7"wide.
Class Fee: \$10 Material Fee to Instructor: \$10

Lunch Club

MOVIES & LUNCH

\$5.00 Each

Award winning films, followed by a delicious lunch.
Mondays 10:15-1:00 pm Jefferson
Registration required, call 684-7484.

"Big Fish"

(2003) Jan 31

A son tries to learn more about his dying father by piecing together the facts out of fantastic tales.

"Hours"

(2002) Mar 7

Based on the Pulitzer-winning novel follow the lives of 3 different women in 3 different time periods.

Dinner Club

OUT TO DINNER

Join us the 2nd Thursday each month. Registration starts Dec. 20th, 8am, 684-7484. Limited capacity. There is automatic 17-20% gratuity on your table's tab. Meet at Jefferson CC or Peter Claver. **Each trip \$3.00 paid in advance.** Average price of meals, see below \$ = \$10.00

Jan 13	4:30 – 7:30 pm	Catfish Corner \$\$
Feb 10	4:30 – 7:30 pm	La Louisanna \$\$
Mar 10	4:30 – 7:30 pm	Changs Mongolian Grill \$\$

Free Blood Pressure Checks

Monitor your health. No appointments necessary. Call Angela at 684-7484 for updated times and day of the week at the Rainier Beach Complex and Pool. Services provided by Seattle University Nursing students.

Wed	TBA	Rainier Beach
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SE FIELD TRIPS

TRIP REGISTRATION INFORMATION S.E. SECTOR

***PAYMENT must be received 5 working days PRIOR to departure.**

***MAKE CHECKS PAYABLE TO:**
Senior Adult Advisory Council

***MAIL CHECKS TO:** Senior Programs, Att: Angela,
3801 Beacon Ave. S., Seattle – 98108

Trip Registration: Phone In Only for Trips at 8 am on listed date. Call 206-684-7484 to Register. Leave your name, phone # and pick-up site. You can only sign up for yourself and one other person. You'll ONLY be called back if you are on the Wait List. All trip times, costs, and destinations subject to change.

PICK-UP SITES:

Jefferson CC (JCC).....	3801 Beacon Ave. S.
.....	(at the time listed)
Rainier CC	4600 – 38th Ave S.
.....	(10 minutes before time listed)
Rainier Beach CC.....	8825 Rainier Ave. South
.....	(20 minutes before listed time)
Van Asselt CC.....	2820 South Myrtle
.....	15 minutes prior to listed time

REGISTER AT 8:00 AM ON DATE LISTED
BY CALLING 206-684-7484

WAY OF LIFE \$4.50

Exhibits at Wing Luke Museum showcase experiences of Japanese Americans. Next tour First Place School, a very special place for children in transition. Lunch and \$3.50 admission on your own

Jan 11	10:00 am – 3:00 pm	Reg: Dec 27
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TRIPLE THREAT THEATRE TOUR \$5.50

Guided tours of the Paramount Theatre, backstage at the Seattle Repertory Theatre, and the grand Charlotte Martin's Children's Theater at the Seattle Center. Lots of walking and some stairs. Lunch own your own.

Jan 18	10:00 am - 4:30 pm	Reg: Jan 3
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CLEARWATER CASINO \$6.50

Enjoy a short, beautiful ferry ride to Suquamish, then try your luck at the casino. Current promotions for the casino will be announced during phone registration. Ferry fees and lunch own your own.

Jan 25	9:00 am-3:30 pm	Reg: Jan 10
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RENTON RUN-AROUND \$5.50

Check out a few places you'll be sure to know, and maybe one place you have never visited. Lunch at the Kings Buffet (\$5.75) on your own.

Feb 1	10:30-3:00 pm	Reg: Jan 18 (Tue)
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JAZZ ALLEY TOUR & LUNCH \$5.50

Celebrate Black History Month as we tour the infamous Jazz Alley Restaurant & Nightclub, visit the Martin Luther King Jr. Memorial Parks, and a behind-the-scenes look at Langston Hughes Cultural Arts Center (lots of stairs to climb on this trip.)

Feb 9 (Wed)	9:30 am-3:30 pm	Reg: Jan 24
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MYSTERY TRIP \$5.50

Places to go, people to see, and you get no information until the day of the trip!

Feb 15	10:30 am -3:00 pm	Reg: Jan 31
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COUNTRY VILLAGE \$6.00

Shopping experience in Bothell at the quaint Country Village where you will find many one-of-a-kind items.

Feb 22	9:30 am -3:30 pm	Reg: Feb 7
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NEW ALDERWOOD MALL \$6.00

Rebuilt and remodeled, lots of new shops for you to explore! Lunch on your own at the mall.

Mar 1	10:30 am -3:00 pm	Reg: Feb 14
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PASSPORT TO COLUMBIA CITY \$3.50

Columbia City is home to a variety of self-owned businesses and unique shops. Top that with a a tour and movie at the remodeled cinema! Get your passport stamped while visting and you could win a free trip. Lunch and \$4.00 movie admission own your own.

Mar 8	10:00 am -4:00 pm	Reg: Feb 28 (Tue)
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NW WOMEN'S SHOW \$3.50

This is a big show with samples, make-overs, book signings, and stages of various presenations targeted for women. Admission and lunch on your own.

Mar 18	10:30 am -3:00 pm	Reg: Feb 28
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SEE CITYWIDE EVENTS FOR MORE !

South West

SW - REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

Mary Dalzell, Recreation Specialist

(206) 684-7422 or 684-7433

Voice Mail: 684-4115

e-mail: mary.dalzell@seattle.gov

Winter Quarter Dates: January 3 – March 18

No Classes: January 17, February 21

Make-Ups: We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

MAIL 'ALL' CHECKS TO: Senior Adult Programs, Attn: Mary, High Point CC, 6920-34th Ave SW Seattle, 98126

Class Registration: Class registrations begins when brochure is received.

All Class Payments: checks payable to: "Senior Adult Advisory Council", mail to: High Point Comm Ctr., Sr. Programs, Att: Mary 6920-34th Ave SW - Seattle, 98126

South West Sector Sites:

Alki CC 5817 South Stevens
Delridge CC 4555 Delridge Way SW
Hiawatha CC 2700 California Ave. SW
High Point 6920 – 34th Ave. SW
South Park CC 8319 – 8th Ave. S.
Southwest CC **CLOSED UNTIL FEBRUARY 2005**

Senior Fitness

See front of brochure for Exercise Reimbursement Notice

FITNESS FOR LIFE \$20-1 day wk/\$40-2 days

A head to toe workout using dyna bands, sticks, weights - bring small weights to class.

Mon / Wed	10:00-11:00 am	Alki
Tues	10:00-11:00am	High Point
Fri	9:30-10:30am	High Point

VOLLEYBALL Free

Drop in recreational play. More players needed and welcome to play.

Tuesday	11-1:00 pm	Hiawatha
Thursday	10-12 noon	Hiawatha

PICKLEBALL Free

Indoor game that is a cross between tennis and ping-pong. A good cardio workout to play at your own level.

Mon / Wed / Fri	10am - 2 pm	Hiawatha
Tues/Thurs	9-11am	High Point

ENERGIZE YOUR BODY \$26/ 6 Weeks

Simple techniques to reduce stress, improve fitness and feel more ALIVE by using breathing, stretching, and strengthening exercises to bring more oxygen into your body. Includes lots of handouts and personal attention.

Instructor: Jaki Reed (Class begins January 10th)
Mondays 9:00-10:00 am Hiawatha

PACE (Arthritis Exercise) \$26/ 6 wks

An exercise program for persons with arthritis, but also great for those who are just beginning an exercise program. Class is mainly in chairs with emphasis on increasing range of motion and other body benefits.

Instructor: Jaki Reed. **Class begins January 12th.**
Wednesdays 11:00am-12:00 noon Hiawatha

STRETCH / RELAX \$26/ 6 wks

Work the body from head-to-toe incorporating a number of fitness arts including yoga and Chinese exercise. Great for those beginning an exercise program, have back problems, or are recovering from an injury.

Instructor: Cate Koler. **Class begins January 12th.**
Wednesdays 9:30-10:30 am High Point

MEN'S FITNESS \$20.00/ 11 wks

A new class for men who want to exercise. A head to foot work out to get the body feeling good. All levels of exercisers are welcome. Bring weights with you.

Instructor: Lauren Allen.
Wednesday 10-11am Alki

HATHA YOGA \$26/6 weeks

Release tension and stiffness as you tone, strengthen, and relax. Gentle stretching and movement with awareness, correct alignment, and deep breathing. Enhance your flexibility/range of motion. Fridays, 10:30-11:30 am.

Session #1	Jan 7- Feb 11	High Point
Session #2	Feb 18- Mar 25	High Point

FEAR OF FALLING? (begins Feb. 4) \$15

Balance can be a problem as people age. This class will concentrate on muscle strengthening, skills to prevent falls and joint flexibility exercises. This 4 week program is taught by Eileen Broomell.

Fridays 11:30-12:15 am Delridge

Dance / Music

LINE DANCE \$20/ 11 wks

The music moves you, and no partner is needed! What a pleasurable way to get the benefits of exercise.

Instructors: Linda and Paul Reese.
Tuesdays 10:00-11:00 am Hiawatha

South West

Bridge

BRIDGE

A drop-in program for this popular card game for experienced players.

Wednesdays 10:45am – 3:00pm High Point



Free

Book Clubs

SOUTHWEST BOOK CLUB

Free

The Seattle Public Library provides books to our groups free of charge. We read the book and in one month meet as a group for discussion. Please call Mary, 684-4115, if you need further information. Meets at 1:00 pm the 3rd Thursday each month at the High Point Library.

ALKI BOOK CLUB

Free

This book club has reached it's maximum number of participants. Please leave your name with Mary at 684-7422 for future openings.

Computers

COMPUTER CLASS

Free

Computer training and access is available at the Westwood Heights Technology Center located at 9455-27th Ave SW.

Beginning Computer Mon/Wed 10-11:30am

Computer User Group of Seniors Thurs. 2-3pm

Digital camera/photo class Tues. 11am-12:30pm

To register, please call Jaque at 932-6942, Ext.16



Walking

WALKING PROGRAM

Looking for a place to walk during the wet weather of winter? High Point

Community Center will have indoor gym space available Fridays 9:00-11:00 am High Point



Free

Don't Miss Extra's !!!

WINTER BLAH'S

Free

Feeling a little stressed, changes in your life got you down, finding it difficult to get motivated and involved? Cheryl Raleigh-DuRoff has a few suggestions on how to help yourself. Please pre-register by January 26th.

February 4 11:00-12 noon Alki

NEIGHBORHOOD PARK BEAUTIFICATION

Two area parks could use your assistance.

Roxhill Park has a work party the 2nd Saturday of each month from 10m-2pm. Please contact Scott Blackstock at 938-2144.

Friends of Fauntleroy Park weed on the 2nd Saturday and 2nd Sunday of each month from 1-3pm. Please contact Karen Farnsworth at 935-5313.

THIS IS MY LIFE

Free

The irresistible Jackie Scott will delight us with the many aspects of her lively life. From her days at the Chicago Art School right on through to her current horseless carriage adventures. This is not to be missed.

January 26 11:15am Alki

VALENTINE POTLUCK

Free

The Jefferson Community Center seniors have invited us to celebrate Valentines Day with them. Bring a potluck dish and be ready for some pleasant surprises from Mary and Angela.

February 14 11:30 am Jefferson

CONTAINER GARDENING

\$6.00

Master gardener, Vickie Galloway, has information on everything you need to know about growing plants in containers. Vickie is knowledgeable in many other garden areas, so bring your questions. **Must pre-register by February 14th.**

February 23 11:15am-12:45pm Alki

DANCE DANCE DANCE

FREE

Enjoy an afternoon of line dancing. Everyone is invited, bring a friend or come by yourself. No partner is needed. Instructor: Linda Reese

March 3 11:00am-12:30pm Delridge

AARP SAFETY DRIVING

\$12.00

Drivers safety program for 50+.

Join others like yourself who have driven for many years but wish to "tune up" driving skills and possibly lower insurance rates. Please bring your lunch. Fee is \$10 check to AARP and \$2 to SAAC. **Pre-register by February 1st.**

March 15 8am-4pm High Point



NOTE: All centers have rooms to rent and activities for youth and adults.

South West Trips

SW TRIP REGISTRATION INFORMATION

***PAYMENT must be received 5 working days PRIOR to departure.**

***MAKE CHECKS PAYABLE TO:**

Senior Adult Advisory Council

***MAIL CHECKS TO: High Pt. Comm. Ctr., Senior Programs, Att: Mary, 6920-34th Ave SW, Seattle, 98126**

NOTE: Trip times/costs/destinations are subject to change. **ALL TRIPS LUNCH ON YOUR OWN.**

Trip Registration: Register by calling 684-7422 on the date and time listed under each trip.

PICK-UP SITES:

High Point CC 6920-34th Ave SW

Hiawatha (HCC) South parking lot
..... of Safeway on California Ave. SW
Please don't park in the Safeway Parking Lot

Registrations Begin As Listed

SHOPPING / FALLS \$6.00

Stop for shopping at the North Bend outlet mall with a visit to Snoqualmie Falls. Lunch on your own in North Bend. **Registration begins January 4, 9 am.**
January 13 9:30-4:00 pm

A CAPITOL DAY

Our state Capitol building suffered extensive earthquake damage, but is now open to visitors. In addition to the Capitol we will also stop at the historical museum, lunch and museum fee on your own. **Registration begins January 6, 9 am.**

January 20 9:30-4:00 pm



\$8.00

YOU'RE WORTH IT

\$3.50

Pamper yourself with lunch, on your own, at the new dining room of the South Seattle Community College. While on campus you will have a manicure, \$5 on your own, and a final stop at the bakery shop.

Registration begins January 14, 9 am.

January 27 10:30-2:30 pm



MUSEUM / CASINO \$6.00

This is an unusual combination. We'll visit the White River Museum in Auburn then to the Muckleshoot Casino for a little play time. **Registration begins January 18, 9:00 am.**

February 3 9:30-4:00 pm

IMAX / HIDDEN ART \$4.00

Imax theatre features "The Mystery of the Nile". After the film and lunch we will set off to discover some of Seattle's hidden works of art. Imax fee and lunch on your own. **Registration begins January 25, 9:00 am.**

February 10 10:00-3:00 pm

SEATTLE REP \$16.00

Ma Rainey is the featured blues diva who's band is in a seedy Chicago recording studio. Bickering, debate, and one-upmanship make for an interesting time amongst her band members. **Registration begins January 11, 9:00 am.**

February 16 1:00-5:00 pm

SMALL TOWN SURPRISE \$7.00

Buckley and Wilkinson await our adventurous spirit. They may be small, but there are pleasant surprises to be found. **Registration begins February 8, 9 am.**

February 24 9:30am-4 pm

COLUMBIA CITY SCRAMBLE \$4.00

Columbia City is growing. Angela has set up a fun way for us to explore this neighborhood, so wear comfortable walking shoes. **Registration begins February 22, 9 am.**

March 8 9:30am-3 pm

RUMMAGE SALES \$5.00

We will go throughout the Seattle area stopping at rummage, garage, yard, and estate sales. **Registration begins March 1, 9 am.**

March 19 10am-2:30pm

**SEE CITYWIDE PAGE
FOR MORE**

Central East

Please pre-register for all of these programs by calling 233-7255 to ensure their success!

REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

206-233-7255

Recreation Specialist- Cheryl Brown

e-mail: Cheryl.Brown@seattle.gov

Winter Quarter Dates: January 3 – March 18

No Program: January 17, February 21

Class Registration begins December 20. Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs, ATT: Cheryl, 8061 Densmore Ave N Seattle, WA 98103. Make checks payable to 'SAAC'

Central East Division Sites

Garfield CC 2323 East Cherry
Miller CC 330 -19th Ave. E.
Montlake CC 1618 - E. Calhoun
Yesler CC 835 Yesler Way

WELLNESS THROUGH CHAIR-ROBICS **Free**

For anyone who is not active now but would like to be. The class builds strength and enhances your level of health. (Class is offered thru the Country Dr. Community Clinic.)
Call Nancy, 299-1619, to register.

Tuesdays 1:30-2:30pm Miller

TAP DANCE **\$24.00**

Great music, great movement taken from ballet, jazz, tap, and more dance styles.! Get fun and get fit.

Tuesdays 10:30 – 11:30 am Miller

BEGINNING LINE DANCE **\$18.00**

Heel – toe your way to fitness and fun! No experience or partner needed for this fabulous social/exercise class. Held in the **NEW** Yesler CC, lots of parking!

Feb 2–16 (Wed) 11:30 – 12:30 pm Yesler

TAI CHI **\$24 per quarter**

Learn slow and gentle meditative exercises that are good for hypertension, stress, weight loss, and other health problems. Improve concentration and focus.

Thursdays 10:15 – 11:30 am Miller

PICKLEBALL **Free**

Learn this fun game that is played indoors. It is a cross between tennis and ping pong. All equipment provided!

Mondays 12:00 – 2:00 pm Garfield

Wednesdays 1:00 – 3:00 pm Yesler

Aerobics/Fitness/Dance

See front of brochure for Exercise Reimbursement Notice

CIRCUIT TRAINING **\$20-1 day a week**

Incorporate aerobic activity and weight training / stretching to improve cardio and muscular strength. A more vigorous program than our other aerobics classes.

Mondays 9:15–10:15 am Garfield

FITNESS FOR LIFE **\$20.00- 1 day wk/\$40 2 days**

Put a swing in your step and a song in your heart with our low-impact aerobics class taught by certified instructor Carol Lorenz!

Mondays 10:30 – 11:30 am Garfield

Wednesdays 10:30 – 11:30 am Garfield

LIFETIME FITNESS **\$20/ 1 day week**

Aerobic fitness designed just for seniors. Includes low impact exercise, strength and balance work. Also includes standards for measured progress.

Tues/Fri 11:00– 12 noon Garfield

GENTLE YOGA **\$24/ 1 day week**

Stretch muscles and gain strength and flexibility in this gentle yoga class for all fitness levels.

Thursdays 11:45 am – 12:45 pm Miller

PILATES **\$24.00**

An exercise method designed to improve mind/body awareness, increase mental focus and reduce stress.

Instructor: Zita Hachiya No class Feb. 3.

Thursdays 10:00 – 10:45 am Garfield CC

Walks and Hikes

DAY TRIPPIN' **\$2.00 per trip**

Explore beautiful parks/trails in this fun walking program. Hikes are between 1.5-3 miles followed by lunch (on your own) at a restaurant local to the hike. Be prepared for wet or muddy trails with appropriate footwear. Transportation provided! Registration is limited so sign up early by calling 233-7255!

Van Pick Up: Yesler 9:30 am, Miller 9:45 am, Garfield 10:00 am **Return approx. 2:00 pm**

Jan18 –Lake Forest Park

Feb 15 - Duvall

Feb 1 –Juanita Bay

Mar 1 - Bothell Wetlands

Cooking

CHERYL'S SOUP KITCHEN **\$5.00 each session**

Soup's on! Make a yummy soup, quick bread and salad each session, then sit down to enjoy lunch together! Great cold weather fare!

Jan 6, Feb 3, Mar 10 11:00-1:00 pm

Garfield



Arts and Crafts

WINTER HATS & GLOVES **\$15.00**

Learn to make a hat, scarf and mittens with fleece.
Minimal sewing, quick, easy and fun! Just in time for winter weather! Includes all materials!
Jan 12 & 19 2:00 – 3:00 pm Garfield

FURNITURE REFINISHING **\$18.00**

Back by popular demand, learn to refinish from start to end! Bring a small project to work on. Buy your tool kit for \$5.00 or bring your own.
Jan 11-Feb 15 (Tues) 1:00 – 3:00 pm Garfield

WATERCOLOR **\$60.00**

Learn new techniques and enjoy this inspirational class.
Call 233-7255 for supply list. Instructor: Jan Morris
Wednesdays 1:00 – 3:00 pm Montlake

Games and Drop In Activities

DROP-IN PLAY & CHAT **Free**

Drop in anytime Mon/Wed from 9:30 to noon for a cup of java, a chat, work on our ongoing jigsaw puzzle, read the paper or whatever! We would love to see you!
Mon / Wed 9:30-12 noon Garfield

BRIDGE **Free**

It's in the cards! Have fun! Just drop in to play!
Fridays 1:00-4:00 pm Miller

MOVIE MADNESS **Free**

See the latest releases or great oldies. Donations welcome for snacks.
Wednesdays 1:00-3:00 pm Garfield
Jan 5 – *Manchurian Candidate* Jan 19 – *Shrek 2*
Feb 9 – *Troy* Feb 23 – *The Village*
Mar 9 – *Ladder 47*

VIDEO LIBRARY **Free**

We have VHS movies for you to check out to watch at home (limit of 2). When returned, check out more!
Open during office hours, (except Fridays) Garfield

Special Events

OUT TO LUNCH **\$2.00 each trip paid in advance**

Let's do lunch! We will explore some of Seattle's best places as well as some new ones. Lunch is on your own, with automatic gratuity added to your bill. Limited seats, so register early! Garfield Pick-up at 11:00 am
January 25 Nana's Soup House
February 22 La Lousianne
March 15 The Wellington

Opportunities for Learning

TWO-TORS VOLUNTEER PROGRAM

Mentors and tutors needed! If you can donate one afternoon a week during the school year to spend one on one with a child, we'd love to have you! Come in to Garfield CC Senior Adult office and complete an application! Call 233-7255 for more info.

SENIOR COMPUTER BASICS **\$15.00**

First class covers computer basics, intro to Word and Publisher, second class is internet basics! Each class meets 4 times, Tues/Thurs from 10 – 11 am.
Word & Publisher Jan 11- 20 Garfield
Internet Basics Jan 25 – Feb 3 Garfield

TALK & TEA w/MAYORS OFFICE **Free**

Join Cynthia Ellison, Mayors Office for Senior Citizens, as she explains what her office can offer to seniors. Includes info on reduced utilities, job opportunities, etc.
Jan 20 (Thurs) 11:00– 12:30 pm Garfield

UNIVERSITY HOUSE TOUR & LUNCH **Free**

Take a tour of art by local physicians, tour the beautiful University House Retirement Home and have a free lunch! Limited space, please sign up in advance! Transportation provided from Garfield CC.
Jan 24 (Mon) 10:00-1:00 pm

FIRE PREVENTION IN YOUR HOME **Free**

Learn tips and tools to prevent fires in your home. Also sign up to have smoke detectors installed and serviced on a regular basis by fire fighters.
Feb 10 (Thurs) 10 :00-11:00 am Garfield

DOWNSIZING YOUR HOME **Free**

Learn how to remove clutter to prepare to move to a smaller home or just simplify your life. Also, how to get your home 'market ready'.
Feb 17 & Mar 3 (Thurs) 10:00-11:30 am Garfield

ESTATE PLANNING SEMINAR **Free**

Need to update your will? Find out how to maximize tax exeptions, avoid probate, prepare in case of incapacity and much more. Lunch/snacks provided!!!
Mar 7 (Mon) 11:30–1:00 pm Garfield

Extra Special Events

VALENTINE LUNCH **\$5.00**

You don't have to have a 'sweetheart' to come to our Valentine lunch - just be one! Enjoy entertainment, lunch, tours of the new community center and valentine fun! Great food and, of course, a chocolate dessert! Please register by February 7th to save your spot!
Feb 14 (Mon) 11:30-2:00 pm Yesler

KARAOKE CASINO **\$5.00**

Black Jack, craps, roulette, bingo AND karaoke...try them all at our fun Casino Day! Win 'play' money, then cash it in for prizes. Brush up on your vocals and try your voice at karaoke too. Just for fun....and prizes!
Mar 17 (Thurs) 1:00–3:00 pm Garfield

Central West - Central East Trips

CW - CE Trip Registration:

Trip registrations begin at 8:00 am on the date listed by calling 206-684-4240. You may sign up yourself and one other person. Trip dates, times, and destinations are subject to change. When you call, leave your name, phone number, name of trip, and pick up site. **You will ONLY be called back if you are on the wait list. Do Not Use "Mail-In" Registration Form, Phone In Only.**

Trip Payments:

Make checks payable to: 'SAAC', mail to: **Sr. Adult Programs, ATT: Tim, 1901 – 1st Ave. W., Seattle, WA 98119.** **All payments must be received 5 working days prior to departure.**

East Pick-up Sites:

Montlake CC 1618 E. Calhoun
(Pick up 30 minutes before time listed)
Miller CC 330 19 Ave. E.
(Pick-up 15 minutes before time listed)
Garfield CC 2323 E. Cherry
(Pick-up at the time listed.)

West Pick-up Sites:

Magnolia CC - 2550-34th Ave. W.
(Pick-up 20 minutes before time listed.)
Queen Anne CC 1901-1st Ave. W.
(Pick-up at the time listed.)

REGISTER - 8:00 AM ON DATE LISTED

BY CALLING 206-684-4240

Leave Your Name, Phone # and Pick-Up Site

SEATTLE TIMES / COUNTRY VILLAGE \$5.50

Hot off the presses! You will see the Seattle Times from set up to print in this fun tour of their Bothell printing facility. Then it's off to lunch (on your own) and a little shopping at the quaint Country Village, full of unique one of a kind and hand crafted items.

Jan. 13 (Thurs) 9:00 am – 3:00 pm **REG. Jan. 3**



TACOMA HISTORIC THEATER TOUR \$6.50

Does the ghost of Klondike Kate still haunt the Pantages Theater? Tour both the Pantages and Rialto theaters and experience the legacy of vaudeville years. Free time in Tacoma before tours, lunch on your own.

Jan 21 9:00-4:30 pm **REG: Jan 10**

SEATTLE REP \$16.00

"Ma Rainey's Black Bottom" A blues diva is late and her band takes advantage of the time to bicker, debate and tune up. See what happens in this wonderful work by playwright August Wilson. Lunch prior to play on your own.

Jan 29 (Sat) 11:00–4:00 pm **REG. Dec 29**

GLAMOUR SHOTS \$12.00

Look and feel beautiful with a makeover and photo taken by a pro at Garfield CC. Everyone receives a 5x7 portrait from their fun session. Must reserve in advance. Limited space. Call 233-7255 for reservations.

Feb 4 (Fri) 10:00–12 noon **REG. 1st come-1st serve**

FABULOUS FAIRHAVEN \$8.00

Let's explore! This historic Bellingham community has lot's of personality and pizzazz! It is filled to overflowing with artists, restaurants and fun and unique shops. We'll do lunch (on your own) shop and snoop around this one of a kind town.

Feb 11 10:00–6:00 pm **REG. Jan 18**

MAKING GLASS ART \$5.00

Tour a working glass studio and make your own glass float or ornament to take home. Cost includes transportation, tour and materials for float/ornament. Lunch, admission, instruction, supplies and ornament costs on your own. (Materials & instruction approximately \$22.00)

Feb 18 10:00-5:00 pm **REG: Feb 1**

PORT OF SEATTLE \$4.50

Ships come and go, longshoreman load and unload, lots to see and learn! Lunch on your own.

Feb 25 10:00–3:00 pm **REG. Feb 14**

CHEAP THRILLS \$4.50

Find hidden bargains, thrifty delights and money saving techniques on this tour of places that will pinch those pennies. Find clothes, food and entertainment for next to nothing! Lunch (a bargain of course) on your own.

Mar 4 10:00-4:00 pm **REG: Feb 21**

DAY OF THE DOGS \$7.50

Visit the Prison Pet Partnership Program at Purdy's maximum security women's prison to see how interacting with a dog or cat can change your life.

Lunch on your own, with free time in Gig Harbor before.

Social Security number, ID and background check required. Maximum on trip is 18.

Mar 11 9:00-5:00 pm ***REG: Jan 31***

**SEE CITYWIDE PAGE
FOR MORE**

Central West

REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Tim Pretare – Recreation Specialist
206-684-4240

e-mail: Tim.Pretare@seattle.gov

Winter Quarter Dates: January 3-March 18

No Programs: Jan. 17 and Feb. 21

Make-Ups: We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins December 20. Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs,
ATT: Tim, 1901 - 1 Ave. W, Seattle, WA 98119.
Make checks payable to 'SAAC'

Central West Division Sites

International Dist. Chinatown CC..719 – 8thAve. S.
Queen Anne CC..... 1901 –1st Ave. W.
Queen Anne Pool.....1920 – 1st Ave. W.
Magnolia CC2550 - 34th Ave. W.
Langston Hughes PAC 104 - 17 Ave. S.
Discovery Park 3801 W. Government Way

ALL CLASSES 1 HOUR UNLESS NOTED

Aerobics & Fitness

SENIOR AEROBICS **\$20-1 day week**

Time to re-energize and feel better. Certified instructors teach our low impact aerobic classes.

M. Huber	Mon	9:30am	Queen Anne
M. Huber	Wed	9:30am	Queen Anne
J. Shearer	Fri	9:00am	Queen Anne

P.A.C.E. **\$25-1 day a week**

PACE is an exercise program done primarily sitting in chairs and is designed for people just beginning an exercise program and for people with arthritis. *Note the new location and time for Monday*

L.Quandt	Mon	11:00am	IDCCC
TBA	Wed	10:00am	Queen Anne

CIRCUIT TRAINING **\$30-1 day week**

Rotate training stations to improve skill, strength, and knowledge using weight machines. (Class size limited to 16 people, first come first serve.)

Spill-Over class this quarter only – Mon 9:30 am QA

A. Allen	Tue	9:00am	Queen Anne
A. Allen	Thurs	9:00am	Queen Anne

YOGA & MEDITATION **\$25 - 1 day week**

Gentle stretching to keep limber and build muscles. All skill and fitness levels, wear comfortable clothes.

H. Smith	Thur	11:00 am	Queen Anne
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DROP-IN PICKLEBALL

Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging.

Mon/Wed	11:30-1:00pm	Queen Anne
Mon/Thurs	11:30-2:00pm	Magnolia

** No pickleball at this time* IDCCC

Walking Club & Walks

DISCOVER WALKING

\$5.00

Walk the 2.8 mile Discovery Park Loop Trail. *Meet at the Visitor Center or call for ride; 206-684-4240.*

Tuesdays	10:00–12 noon	Discovery Park
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Twice a quarter we take a FIELD TRIP on the following dates to the parks listed:

Jan 25, Tues	10:00 am	Atlantic St. Park
Feb 22, Tues	10:00 am	Duwamish River Park

Cards & Games

INTERMED. BRIDGE INSTRUCTION

\$32.50

You are starting to understand the fundamentals, now let's take it a step further. Instructor: George Weaver

Wednesday	11:15-1:15 pm	Queen Anne
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BINGO

Free

Bingo Bug! Have you caught it? Come and play with us every week. Try your luck and you may win a prize.

Thursdays	10:00 am	Queen Anne
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ORGANIZED BRIDGE

Free

Weekly games for experienced players. Call Dean and Nancy McPhaden, 282-8331, to sign up for a 4-some. **No bridge the last Monday of the month.**

Mondays	2:00–4:00 pm	Queen Anne
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OPEN BRIDGE

Free

Weekly games for experienced players. All participants must register with the Parks Department representative.

Wednesdays	9:00 am – 2:00 pm	Magnolia
Thursdays	8:00 am – 2:00 pm	Magnolia
Fridays	1:00 pm – 4:00 pm	Queen Anne

Monday Meals

MONDAY MEALS RESERVATIONS REQUIRED

Mon. Jan. 10 – March 7, 12:00-1:00 pm Queen Anne
Fresh cooked healthy meals every Monday! First come first serve, make reservations at the Community Center. Menu available in advance by request, subject to change. Please call Tim at 206-684-4240 for complete details.

Meal Pricing Plan:

\$3.00 per person – reservation made before Friday the week before the meal.

\$5.00 per person – no reservation made

\$20.00 Frequent Food Card – buy a card for instant automatic reservations for the quarter (8 meals) and a 50¢ discount per meal.

Creative Arts

PERFORMING ARTS

Free

Join a theater group for adults, no experience necessary. If you're interested in any aspect of theatrical production, don't miss this program. Opportunities offered include acting, directing, script writing, musicals, and more.

*** No more new people to be in the production at this time – only to help later.** Call Tim at 206-684-4240 for more information.

Thursdays 1:00 pm Langston Hughes

CRAFTY LADIES

Free

Drop in to work on your own project or learn a new craft, socialize and make new friends. Sewing machines, supplies are available.

Thursdays 2:00-3:30 pm Queen Anne

SENIORS MAKING ART-Printmaking

Free/8 wks

A free class, sponsored by Seniors Making Art and The Allen Foundation for the Humanities, materials are provided. Learn to make prints at the kitchen table! Use the techniques from this class to print a variety of items without special equipment. This class will cover four main techniques and ways to combine print types for new effects. Come dressed to get messed as ink can get around! Max-15. Class begins Jan 21st.

Instructor: Diana Fairbanks.

Fridays 9:30-11:30am Magnolia

IKEBANA

\$55.00/ 4 weeks

Try the art of Japanese flower arranging! Ikebana is an art form in which the beauty of nature and objects of humanity are brought together. Class size, 7 max.

Class held Jan 18 - Feb 8

Tuesdays 9:30-11:30am Queen Anne

WATERCOLOR PAINTING

\$60.00 /quarter

Bring your paints, brushes and joy of painting. A demonstration after each lesson with lots of guidance.

All skill levels welcome.

S. Kahler Mon. 9:15-11:30 am Magnolia

*J. Dodds Wed. 10:00-12 noon Queen Anne

* Time may change

Books

DESSERT & DISCUSSIONS

Free

Gather to discuss books and enjoy some treats. Last Monday of the month. Book titles available by request.

1/31, 2/28, 3/28 1:30-2:30 pm Queen Anne

BOOKMOBILE BOOKS

Free

The Seattle Public Library brings new books each month. Check one out today.

Queen Anne

BOOK EXCHANGE + SEATTLE TIMES

Free

We offer comfortable couches and reading area for the daily Seattle Times and our book exchange. Stop by and browse through the book shelves, borrow a book or bring a book to trade in.

Queen Anne

Specials

Please call Tim at 206-684-4240 to reserve your space for the following Special Events.

SPRING PLANNING MEETING

Free

Come give input on programs! Bring newspaper articles, ideas and an open mind. We will discuss trips, hikes and special events.

Jan 10 (Mon) 10:45-11:45 am Queen Anne

AFRICA & ANIMALS



Free

Local photographer

John Jacobs returns to share his slides from an animal photo safari in Kenya. See horned rhino and wildebeest; cute cheetah and lion cubs, bumpy warthogs, elephants, birds and more in this amazing slide presentation!

Feb 7 (Mon) 10:15 am Queen Anne

SENIOR RESOURCE FAIR

Free

Learn what's available for healthcare, life planning, transportation, travel and more. This 4-hour free fair will have community representatives on hand to talk to about available resources specific to senior adults.

Jan 24 (Mon) 10:00-2:00 pm Queen Anne

LOVE & LONGING IN THE FOREST

\$7.00

Join the Discovery Park Environmental Learning Center staff for a fun, interactive afternoon. Take a short stroll around the building and learn to identify some invasive plant species and native evergreens, then back inside to use the invasive plants to create Valentine's Day decorations to take home. Ribbons, wire, and other decorating material provided. Feel free to bring any special decorating items you may need. Fee includes a warm, cozy winter lunch. *Pre-registration required by Jan. 28 to ensure your place! Call Tim at 206-684-4240-limited transportation available*

Feb 4 (Fri) 10:00-2:00 pm Discovery Park

TRAVELOGUE

\$3.00 each

Don McCort's continuing travel tales, please join us for: Russia #2 (Jan.), France #1 (Feb.) and Vietnam (March).

Jan 31 (Mon) 11:00 am Queen Anne

Feb 14 (Mon) 11:00 am Queen Anne

Mar 14 (Mon) 11:00 am Queen Anne

LAUGHTER EXPERIENCE

Free

Learn and enjoy the immense health benefits of laughter through a series of laughter / deep-breathing exercises.

Tuesdays 1:00 pm Queen Anne

MID-WEEK MOVIE

Free

Drop by to see a new release, classic, romance, comedy or your choice, every week.

Wednesdays 1:15 pm Queen Anne

North East Division

N.E. REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist

(206) 386-9106

e-mail: jayla.mcgill@seattle.gov

Winter Quarter Dates: Jan 3 – March 18 (11 wks)

No Class: Jan 17, Feb 21.

Make-Ups: We encourage you to make up cancelled or holiday-missed classes at any other site in the city.

Please inform the instructor you're making up the class.

Class Registration begins Dec 20th. Class dates/times are subject to change.

Mail Checks payable to "SAAC": Sr Adult Pgrms,
Attn: Jayla, 8061 Densmore Ave N, Seattle, 98103.

NE Division Sites:

Green Lake CC 7201 E Green Lk Dr N
Laurelhurst CC.....4554 NE 41st St
Meadowbrook CC..... 10517 – 35th Ave NE
Ravenna-Eckstein CC..... 6535 Ravenna "Ave" NE
Magnuson CC(Formerly Sand Point)7110 – 62nd Ave
NE

See front of brochure for Exercise Reimbursement Notice

AEROBICS / FITNESS

SENIOR AEROBICS \$20-1 day week

Feel better with upbeat fitness! **No class Jan 20, 27.**

J. Shearer Mon 10:15 am Ravenna-Eckstein
L. Haynes M/W 9:30 am Magnuson Gymnasium
J. Shearer Thur 9:00 am Laurelhurst
L. Philbrick Thur 9:40 am Green Lake

BODY CONDITIONING \$25-1 day week

Dynabands / free weights for over-all strength

~~Body Conditioning~~ Mon 10:00 am Meadowbrook
C. Lorenz Thur 10:00 am Meadowbrook
L. Philbrick Thur 10:45 am Green Lake

PILATES – New Class! \$25/qtr

Want to strengthen your stomach, lower back; improve balance & release stress? This fitness class is for you!

Y. Lasso Tues 11:30-12:30 pm Ravenna-Eckstein

LIFETIME FITNESS \$20/1 day wk-\$40 2 days wk

Aerobic fitness designed just for seniors; low impact exercise, strength & balance work. Includes standards for measured progress. Taught by a certified instructor.

TBA Tues 9-10 am Mgs/Bldg 406/Viewridge
TBA Thur 9-10 am Mgs/Bldg 406/Viewridge

YOGA & MEDITATION

\$25-1 day week

Gentle stretching to keep limber and build muscles. All skill/fitness levels. **No Laurelhurst class Jan 18, 25.**

H. Smith Tues 8:00 am Laurelhurst
H. Smith Tues 10:15 am Mgs/Bldg 406/Viewridge
H. Smith Wed 9:00 am Meadowbrook
H. Smith Fri 9:30 am Meadowbrook

GENTLE YOGA

\$25

A moderate approach to learning breathing techniques, gaining strength & flexibility; for all fitness levels.



E. Tierney Tues 10:15-11:15 am Ravenna-Eckstein

TAI CHI (Wu Style)

\$25-1 day week

Fall prevention strategies, improved circulation, slow, gentle, short movements.

J. Proebstel Mon 10:45 am Mgs/Bldg 406/Viewridge
J. Proebstel Wed 10:00 am Green Lake
J. Proebstel Fri 1:00 pm Mgs/Bldg406/Viewridge

PICKLEBALL

Free



A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later.

Please pre-register by calling 206-386-9106.

Mon/*Beginning* 11:30-1 pm Ravenna-Eckstein
NEW DAY! Wed/*Beginning* 10:30-2 pm Magnuson/Gym
Thur 10-11:55 am Meadowbrook
Thur/*Beginning* 12:05-2 pm Meadowbrook

LINE DANCING

\$20/quarter

Get out on that dance floor and move to the music!

Great for body & soul! No experience partner needed.

No class Jan 14.

J. McGill Wed 8:45 am Ravenna-Eckstein
J. McGill Fri 9:30 am Mgs/Bldg 406/Viewridge

GREEN LAKE WALKING CLUB

Wed 10:00 am Feb 9 – Mar 16 \$5.00/6 wks

Seattle Parks & Recreation/Swedish Medical Center bring you a walk program for all fitness levels. Meet at

Green Lake Community Center, stretch as a group, then walk around Green Lake. Set a walk goal; no-host lunch on last day.



ARTS

WATERCOLOR

\$60/quarter

Calling all artists – past, present & future! Join our informal, fun group. Bring paint supplies.

E. Smith Thur 12:00-2:00 pm Ravenna-Eckstein

SPRING PLANNING MEETINGS

Your input is desired to provide the best possible programming. Bring your ideas for trips, walks, classes, workshops & special events. Refreshments served.

Jan 11	Tues	2:00- 3:00 pm	Magnuson
Jan 12	Wed	10:00-11:00 am	Ravenna-Eckstein
		11:30-12:30 pm	Meadowbrook

MEADOWBROOK BOOK CLUB

Meet once a month to discuss a book provided by the Seattle Public Library. Pre-register: 206-386-9106.

Thurs	11:00 – 12:00 pm	Free
Jan 20	<i>Children of God</i> by Mary Doria Russell	
Feb 17	<i>Princess</i> by Jean Sasson	
Mar 17	TBA	

WRITING

LIFE STORIES Jan 4 – Feb 22 Free/8 wks

Learn to write stories about your life; for family, friends, yourself, others. All ages welcome; no previous story writing required. Instructor available before and after class for individual questions. Please pre-register by calling 386-9106.

M. Levensky Tues 6:30 – 8:30 pm Meadowbrook

WORKSHOPS

Pre-register at 206-386-9106 at least one week ahead.

ALZHEIMER'S RESEARCH

Free

What's being done locally to research causes and cure of this disease which affects so many? How can our participation assist research efforts?

Feb 10 Thur 11:00-12:00 am Meadowbrook

FLEXIBILITY & BALANCE

Free

Learn from a physical therapist how improved flexibility contributes to good balance.

Feb 23 Wed 10:00-11:00 am Green Lake

REVERSE MORTGAGE

Free

How to optimize retirement cash flow without selling your home. Presented by Reverse Mortgage Manager, Virginia Bolan.

Jan 26 Wed 11:00-12:00 pm Ravenna-Eckstein

COOKING WITH INTERNATIONAL FLAVOR!

Join Rosangela to create new, exciting dishes, receive recipes and have lunch. **Each class fee is \$10.00.**

Please pre-register at 386-9106. Hurry--space is limited!
Wednesdays 10:30-12:30 pm Meadowbrook

Hearty & Healthy Italian Winter Soups

Jan 12

Thick, hearty & umm, umm good, soul-satisfying soups.

Indian Cooking

Jan 19

Great Indian flavors without the heat!

Stuffed Vegetables With International Flair

Jan 26

Stuffed Grape Leaves, Egyptian-Style (Warq Enab), Stuffed Red Peppers with Rice, Escarole, Fresh Basil.

Philippine Cuisine

Feb 2

Interesting, exotic & very tasty! Fresh Lumpia, Chicken Adobo & much more.

Brazilian Cuisine

Feb 9

Rosangela shares delicious dishes from her homeland!

Spanish Cooking

Feb 16

Rich & varied, much like the country itself.

Traditional Native American Recipes

Feb 23

Tasty and down-to-earth cuisine.

Quick Breads

Mar 2

Quick and delicious bread recipes.

Greek Cuisine

Mar 9

Traditional Greek Easter recipes. Maybe you can start a new tradition with your family.

Irish Cuisine

Mar 16

Celebrate St. Patrick's Day with good Irish home cooking!

GAMES

CHESS CLUB

Free

Join enthusiasts for a game of strategy and skill.

Fridays 1:00-5:00 pm Green Lake

INTERMEDIATE BRIDGE

Dates/Fee/TBA

Learn to play contract bridge for FUN. Register by mail only to Laurelhurst CC. Questions: call 206-684-7529.
G. Weaver Thurs 1:00-2:00 pm Laurelhurst

OPEN BRIDGE GROUP

Free

Join us for drop-in party bridge. All levels welcome! Questions? Call 684-8832.

Thursdays 9:45-12:00 pm Mgs/Bldg406/HawthorneHills

DROP-IN CARDS

Free

Play a variety of games for fun!

Fridays 10:45-12noon Mgs/Bldg 406/Hawthorn Hills

SPECIAL EVENTS

Pre-register for events/van ride at 386-9106.

SWING TIME LINE DANCE \$3.50

A Line Dance Event with a swing dance dress-up theme! Don your best Swingin' Threads and we'll boogie to the big band beat! Refreshments served. Instr: J. McGill
Van departs Ravenna-Eckstein: 9:45/Ballard: 10:00.
Jan 14 (Fri) 10:30-12:30 pm Jefferson

WEST SEATTLE LINE DANCE \$3.50

A fun get-together with Linda Reese's classes at the beautifully remodeled Community Center!
Van departs Ravenna-Eckstein: 10:00/Ballard: 10:30.
Mar 3 (Thurs) 11:00-12:30 pm High Point

NORTH EAST FIELD TRIPS

TRIP REGISTRATION INFORMATION

***MAKE CHECKS PAYABLE TO: S A A C**
***MAIL CHECKS TO:** Senior Programs, Att: Jayla,
8061 Densmore Ave. N., Seattle - 98103

Trip Registration: Register by calling 386-9106 at 8:00 am on the date listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations subject to change. When you call, leave name, phone, trip name & pick-up site. You'll ONLY be called back if on the Wait List. **Payment must be received 5 working days prior to trip.*

PICK-UP SITES:

Magnuson CC *New!*.....7110 – 62nd Ave NE
Meadowbrook CC10517-35th NE
Ravenna-Eckstein CC 6535 Ravenna Ave NE
Green Lake CC.....7201 E Green Lake Dr N
Lower Woodland55th & Green Lake Way N
(South of Green Lake Golf Pitch & Putt Course)

South Bound Trips: Meadowbrook-leave 30 min, Ravenna-Eckstein-15 min, Green Lake-5 min, before time listed; Lower Woodland at trip time.

North Bound Trips: Lower Woodland-leave 30 min, Green Lake-25 min, Ravenna-Eckstein-15 min before time listed; Meadowbrook at trip time.

Magnuson..... Call for pick-up times.

EXPERIENCE NOAA \$4.50

Guided tour of the *Rainier*, a Hydrographic Mapping Vessel on Lake Union; then off to Sand Point to see where the gathered Nautical Charting information is processed. Lunch (on your own) in the cafeteria.
Jan 10 (Mon) (S-Bound) 9:30-3:00 pm Reg: Dec 30

DUVALL/SNOQUALMIE TRAIL WALK \$6.00

An easy walk along the river; then come explore this charming town, which will take you back in time. Lunch on your own at a nearby eatery.
Jan 24 (Mon) (S-Bound) 10:00-2:00 pm Reg: Jan 13

HOUSES OF WORSHIP \$4.50

We'll tour the Russian Orthodox Cathedral of St. Nicholas, Temple de Hirsch Sinai and St. Mark's Cathedral. Lunch on your own at SCCC Culinary Arts.
Jan 31 (Mon) (S-Bound) 9:30-4:00 pm Reg: Jan 6

"TARTUFFE" \$6.00

Driftwood Players present Moliere's classic French farce, originally banned in 1664 for it's controversy! Lunch (on your own) in Edmonds. \$17 due on trip day.
Feb 6 (Sun) (N-Bound) 11:15-5:00 pm Reg: Jan 20

MUCKLESHOOT CASINO \$6.00

Try your luck in Auburn's famous casino! Lunch on your own at their excellent buffet. Discount coupons.
Feb 14 (Mon) (S-Bound) 9:15-3:15 pm Reg: Jan 27

CULINARY ARTS FIELD TRIP \$5.00

Rosangela, our cooking class instructor, guides us thru a Brazilian Store in the U-District, Ranch 99, and an Asian Market in Edmonds. Lunch (on your own) at Araya's Vegetarian Place.

Van departs Meadowbrook at 10:00 am.

Feb 24 Thurs (S-Bound) 10:00-2:00 pm Reg: Feb 3

DOWNTOWN LIBRARY/COURTHOUSE \$4.50

Here's our opportunity to finally tour these beautiful new buildings. Lunch on your own.
Feb 28 (Mon) (S-Bound) 9:30-3:00 pm Reg: Feb 10

ROEGNER PARK WALK \$6.00

Gentle paved dirt/gravel trails in Auburn, along the White and Stuck Rivers; 2 miles each way, with a short loop into forest. Lunch (on own) at nearby eatery.
Mar 7 (Mon) (S-Bound) 9:30-2:00 pm Reg: Feb 17

"REBECCA" \$3.50

Book-It Repertory Theatre at Seattle Center House presents Daphne du Maurier's unforgettable tale of love, marriage & dare we say...murder? Lunch first (on your own) at the Center House. \$21 admission on trip day.
Mar 13 (Sun) (S-Bound) 11:30-5:00 pm Reg: Feb 24

HORSE / BUGGY RACES & BUFFET \$35.00

We're off to the premiere harness races in British Columbia for excitement you haven't experienced in years. They serve a famous buffet that is on your own \$22.00. Chartered bus and snack included *Remember to bring proper identification. To register, call 233-7138 starting at 8:00 am..*

Mar 19 Sat(N-Bound) 9:00-6:30pm Reg: Feb 15

North West Sector

REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

206-233-7138

Stacie Sheridan - Recreation Specialist

e-mail: Stacie.Sheridan@seattle.gov

Winter Quarter Dates: January 3 – March 18

No Programs: Jan. 17 & Feb 21

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins Dec 20th. Please use the **Registration Form** in this brochure. Class dates/times/instructors are subject to change. Events with phone in only registrations are marked accordingly.

Mail class payments to: Sr. Adult Programs, **ATT: Stacie**, 8061 Densmore Ave. N, Seattle, WA 98103.
Make checks payable to 'SAAC'

N.W. DIVISION SITES:

Ballard CC 6020-28th Ave NW
Bitter Lake CC 13035 Linden Ave N
Loyal Heights CC 2101 NW 77th St.

CIRCUIT TRAINING \$25.00

Gain muscle strength and increase your endurance, all at the same time. Great for overall conditioning and fitness!

L. Philbrick Tues 9:00-10:00 am Loyal Heights

BETTER BALANCE *New Class* \$25.00

Work on body awareness, leg strength and core stability to improve balance and confidence.

L. Philbrick Tues 10:15-11:15 am Loyal Heights

WALK & TONE \$20.00

This class includes walking, stretching, strengthening to great music. A lot of fun while improving your health.

S. Sheridan Fri 9:00 -10:00 am Ballard

YOGA & MEDITATION \$25-1 day week

Rejuvenate your spirits with yoga! Practice positions to build strength/flexibility while deepening relaxation to improve daily life and the ability to grow and change.

S. Denison Mon 10:15-11:15 am Loyal Heights

P. Federovich Thurs 10:15-11:15 am Bitter Lake

LINE DANCING \$20.00

Move to the music! NO experience or partner needed. Great for the body and soul.

J. McGill Tues 9:00 -10:00 am Ballard

DROP-IN PICKLEBALL Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging!

Mondays 12:30-2:30 pm Loyal Heights

Tuesdays 10:30-12:30 pm Bitter Lake

Tuesdays 11:00-2:00 pm Ballard

Fridays 12:30-2:30 pm Bitter Lake

BALLROOM DANCING \$2.50

Step out with the Pep Tones during a weekly senior dance. Enjoy good friends, food, and weekly theme.

Thursdays 1:00-3:00 pm Bitter Lake

Movie Madness & Lunch Clubs

MOVIE MADNESS \$5.00 Each

Enjoy stories with many twists and turns! Followed with a delicious lunch and beverage. Pre-register by mail.

Mondays 10:15 – 1:00pm Ballard

Jan 24 *Snow Falling on Cedars*

Feb 28 *Casablanca*

March 14 *Mona Lisa Smile*

See front of brochure for Exercise Reimbursement Notice

Fitness / Dance

SENIOR AEROBICS \$20-1 day/week

Join a friendly, low impact aerobics class. Body strengthening and stretching taught by certified instructor.

S. Sheridan Mon 9:00-10:00 am Ballard

S. Sheridan Thurs 9:00-10:00 am Bitter Lake

SR. BODY CONDITIONING \$25.00

This class is perfect for all fitness levels. Gain strength and greater flexibility. Look and feel better. Use dynabands/free weights/balls for strength conditioning.

L. Allen Tues 10:45 -11:45am Bitter Lake

ARTHRITIS EXERCISE (PACE) \$25.00

PACE = People With Arthritis Can Exercise, class includes range of motion, strengthening and much more.

L. Allen Tues 9:00-10:00 am Ballard

LUNCH CLUB \$3.00 each trip Pd in Advance

Explore the hottest local foods with fun people. Register Dec 20th, 8am to reserve your seat, 233-7138. Limited capacity. There is automatic 17-20% gratuity on your table's tab. **Meet at Ballard CC at 11:00 am.**

Jan 18 (\$\$ - Seafood)	Flying Fish
Feb 15 (\$\$ - Southern)	Alexandria's
Mar 15 (\$\$)	Lola's

Card, Games & Books

Pre-registration required for Cards & Games before the quarter begins.

INTERMED. BRIDGE INSTRUCTION \$32.50

Indepth lecture on strategy. Optional playing time after. ACBL Accredited Instructor George Weaver.

Mondays	10:30-12:30 pm	Bitter Lake
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OPEN BRIDGE Free

Have a great time! Party bridge managed by Marsha 362-5571. Bring a friend or call and reserve a seat.

Thursdays	10:30-12:30 pm	Bitter Lake
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OPEN DROP-IN GAME Free

Learn some new games and play your old favorites. You'll think and laugh all the way through.

Tuesdays	10:00-12:00 pm	Ballard
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BALLARD BOOK CLUB

Meet the last Friday of the month at Ballard Library, 5711 - 24th Ave NW at 10:30a.m. All are welcome.

Jan 28	<i>Dreams of My Russian Summers</i>	Andrei Makine
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Feb 25	<i>Life of Pi</i>	Yann Martel
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Mar 25	<i>Voyage of the Narwhal</i>	Andrea Barrett
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Speakers / Special Events

YOGA WORKSHOP \$5.00

Strengthen, add flexibility / balance as well as improve posture. Relaxation and meditation techniques are also covered in this very personalized workshop. **Pre-register before Jan 22nd. Maximum 15 people.**

Jan 26 (Wed)	10:15-12:15 pm	Loyal Heights
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AARP DRIVER SAFETY CLASS (pay \$10.00 day of)

Save money on your insurance. Update your driving knowledge. Sharpen driving skills, and compensate for normal age-related physical changes. **Registration is REQUIRED 206-233-7138.**

Feb. 8 & 9	9:00-1:30 pm	Ballard
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MY FAVORITE RECIPE POTLUCK Free

Don't have the need to cook as much! Time to dust off favorite recipes and put it to use! Bring that dish and a copy of the recipe. We can run copies off for people who cannot live without it! **Call 233-7138 by Feb. 7th.**

Feb 14 (Mon)	10:30-11:30 pm	Ballard
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PEOPLE'S MEMORIAL ASSOCIATION Free

Come learn about a non-profit consumer organization dedicated to simple, dignified and economical cremation and funeral arrangements. Please pre-register 233-7138.

Mar 3 (Thur)	9:00-1:30 pm	Bitter Lake
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Cooking



Join Rosangela to create new, exciting dishes, receive recipes and have lunch. Each class is \$10.00. Pre-register 233-7138

Tuesdays	10:30-12:30 pm	Bitter Lake
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Stir-Fry with Oriental Vegetables Jan 18

Discover how stir fry is not just delicious but economical and nutritional. Oh, and did we say easy?

Friendly Muffins & Breads Feb 1

Want to have some good, simple, and quick bread and muffin recipes? Join us for a great time!

Guilt Free Snacks Feb 15

No rabbit food will be served in this class. Learn about foods that help you live well and are delicious.

Great & Delicious Breakfast Recipes Mar 1

Tired of the same old toast and eggs? Learn to prepare gourmet breakfast and brunch delights.

The Creative Side

INTERMEDIATE DRAWING FOR FUN \$50.00

Pencils / charcoal, we'll focus on perspective, proportion, and importance of composition. Students enjoy short class demonstrations and critiques from peers.

Instructor: Kathleen McHugh.

Thursdays	10:30-12:30pm	Bitter Lake
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SPRING HANGING BASKET \$6.00

It is time to create that gorgeous hanging basket that will be the envy of all your neighbors. Come join the incredibly talented King County Master Gardner Brenda Skinner as she teaches you to use that green thumb you did not know you had.

Mar 8 (Tues)	12-1:30pm	Bitter Lake
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Spring Planning Meeting

Your input is desired to provide the best activities possible for your enjoyment. Please bring ideas, newspaper clippings, suggestions for classes, workshops, trips, and general program offerings.

Jan 10	Walking	10:15-10:45 am	Ballard
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Jan 10	Trips	10:45-11:45 am	Ballard
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Volunteer Opportunity

Simple, 1 hour, non-strenuous work/socialize. Bring a sack lunch, we provide drinks & treat. To register call 233-7138, on December 21st at 8:00 am. Name which parks you'll be assisting with. Van Pick-Up: Ballard
Jan 11 10:15-1:30pm Carkeek Park
Feb 8& Mar 8 10:15-2:00pm Atlantic Street Nursery

Nature Walks & Hikes

Enjoy forests, streams, and more. To register, call December 21st, 8am at 233-7138. *Walk at your own pace for up to 1 hour & 15 minutes.* Wear all terrain shoes. **Please name the walks you'll attend.** Rain or shine! Lunch on your own. Each walk is \$5.50 and trip time is 10:15 – 3:00 pm. Van Pick-Up: Ballard CC
 Feb 9th (moderate) Van Dorens Trail
 March 2nd (moderate) Schmitz Park
 March 16th (easy) Take on the Bridges

TRIP REGISTRATION INFORMATION

***ALL CHECKS SHOULD BE MAILED TO: SAAC**
 Senior Programs, Att: Stacie, 8061 Densmore Ave. N., Seattle, WA. 98103

Trip Registration: Register by calling 233-7138 at 8:00 am on the *date* listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll be called back **ONLY** if on the Wait List 24 hours after registration.

***Payment must be received 5 working days prior to trip or be subject to cancellation.**

PICK-UP SITES:

Ballard CC6020-28th NW
Bitter Lake CC 13035 Linden Ave. N
 (Please park your car on the road)

Loyal Heights 2101 NW 77th

South Bound Trips: Bitter Lake- leave 30 minutes, Loyal Heights 15 min before listed, Ballard as listed.

North Bound Trips: Ballard leave 30 minutes early, Loyal Heights 15 minutes early. Bitter Lake time listed.

Vans will only wait for late people for 5 minutes.

Registrations Begin at 8am. Please don't call before or registration will not count.



SEE "CITYWIDE EVENTS PAGE" FOR MORE !!!

All Trips are on a Wednesday unless otherwise noted

KNOW KUOW & KTCS \$4.50

Here is an excellent chance to learn about public broadcasting. Lunch on your own.

Jan 5 (S bound) 10:00-3:00 pm Reg: Dec 22

REP THEATER: 'Noises Off' \$16.00

This farce-within-a-farce about actors acting as actors acting as characters. The phrase "noises off" is theatre jargon for a commotion offstage. Created by a troupe of has-been and never-were actors touring in a dreadful British sex farce called *Nothing On*. We get a back-stage and onstage peek at a disastrous show in which every actor's nightmare unfolds with uproarious results. Lunch on your own. 2 pm show.

Jan 12 (S bound) 11:45-5:00pm Reg: Dec 28

SMALL TOWNS DISCOVERED \$7.00

Ramble on your own thru the charming towns of Duvall, Carnation and Monroe if there is time. Lunch on own.

Jan 19 (S bound) 9:00-4:00 pm Reg: Jan 4

AIRPLANES, CHOCOLATE \$7.00

& GLASS BLOWING What do these things have in common? Absolutely nothing, but let's learn about planes being restored, tour a glass blowing factory, and visit a quaint chocolate store. Lots of walking and stairs. Lunch & \$3 tour on your own.

Feb 2 (N bound) 10:00-3:00 pm Reg: Jan 18

REP THEATER: 'Ma Rainey's Black Bottom' \$16.00

While waiting for Ma Rainey's her band takes advantage of the time to bicker, debate, and play games of verbal one-upmanship. When Ma finally arrives, she insists that her stuttering nephew introduce the title song which disrupts and delays the recording, setting in motion a destructive turn of events. Lunch on your own. 2:00 pm show.

Feb 16 (S Bound) 11:45-5:00 pm Reg: Feb 1

UNDERSEA MUSEUM \$13.00

Visit Bremerton, home to the Naval Undersea Museum, then have some fun, free time in Poulsbo. Ferry fee included. Lunch on your own.

Feb 23 (S bound) 8:00-4:00 pm Reg: Feb 8

A DAY OF ART \$5.00

Seattle has incredible artists everywhere. Meet Mary Hopkins and see a display of her paintings that are reflective of classic childrens illustrations. Tour Seattle's creative scene at the Art Institue, lunch at their Culinary School (on your own) and then onto Bruning Pottery, a local business that has been creating household items and garden pots for over 21 years.

Mar 9 (S bound) 9:00-3:00 pm Reg: Feb 22

HORSE BUGGY RACES & BUFFET \$35.00

We're off to the premiere harness races in British Columbia for excitement you haven't experienced in years. They serve a famous buffet that is on your own \$22.00. Chartered bus and snack included **Remember to bring proper identification. This is a Saturday trip.**

Mar 19 (N-bound) 9:30-6:30 pm Reg: Feb 15

MAIL - IN REGISTRATION

You are welcome to use the following form to pre-register for any CLASS / WORKSHOP (**NOT Trips**) offered by the Senior Adult Programs Section throughout the City of Seattle.

ALL registrations must be accompanied by payment in the form of check or money order (**NO CASH PLEASE**). If you have any questions on filling out this form, please call the Recreation Specialist listed under the Division in which you are interested in this brochure.

NOTE: Do not use the Mail-In Registration form for trip registrations. You must phone in for trip registrations (see "trips" listed under the different sites in the program brochure).

PAYMENT: Make check or money order payable to: Senior Adult Advisory Council (SAAC)

MAIL TO: Mail according to the directions in the program under "Class Registration" listed in each Division.

FRAGRANCE FREE COURTESY

During Senior Adult Programs / Trips, please refrain from the use of any Men's or Women's fragrant personal care products as a courtesy to those who experience chemical sensitivities.

Thank You.

Mail - In Registration

Class Title	Day	Time	Fee	Class Location

Name: _____

Telephone: (____) _____

Street Address: _____

City: _____

Zip: _____

Total Fee Enclosed: \$ _____



We're looking for Volunteer Drivers who enjoy people and travel. All costs for lunches, admissions, etc., are paid for. Call 684-4951